

## BURDEN FACTS

- Diabetes increases the risk of heart disease, stroke, kidney failure, influenza, and pneumonia. It also can lead to blindness, amputations, and pregnancy complications.
- Every year, about 4,500 Montanans get diagnosed with diabetes.
- Screening for gestational diabetes is often missed or delayed because women do not receive adequate prenatal care.
- A person with diabetes has about 2.3 times the average annual health care cost of a person without diabetes.

## CONTACT

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## PROGRAM ACTIVITIES

- The **Montana Cardiovascular Disease & Diabetes Prevention Program** (CVDDPP) is an evidence-based program that aims to reduce the incidence of diabetes in people at high risk for developing the disease. The 10-month intensive lifestyle intervention focuses on weight loss, physical activity and behavior change. The program in Montana began in 2008 and has received national recognition. Eighteen sites deliver the curriculum, including telehealth delivery to frontier communities. Close to 1,000 participants enroll in CVDDPP annually.
- **Quality Improvement** interventions and the Diabetes Quality Care Monitoring System (DQCMS) assist primary care practices in practicing evidence-based medicine, tracking diabetes management, and improving outcomes for over 12,000 Montanans with diabetes. Target areas are:
  - A1C, blood pressure and cholesterol levels
  - Preventive services (e.g., tobacco cessation, immunizations)
  - Screenings (e.g., diabetes, chronic kidney disease)
  - Self-management education (e.g., medications, foot care).
- The **Quality Diabetes Education Initiative** (QDEI) aims to increase access to diabetes self-management education (DSME), which is an integral component of diabetes care. Two main strategies are to:
  - Offer a multi-tiered, self-study and peer-mentoring program to health professionals interested in increasing their skills and knowledge as well as those pursuing the Certified Diabetes Educator (CDE) credential.
  - Provide technical assistance to support outpatient sites in developing a DSME program and becoming recognized or accredited.
- The **Montana Diabetes Advisory Coalition** has been actively engaging partners since 1995 to discuss current issues in diabetes and set key priorities. It has about 40 members representing a variety of stakeholders, organizations, and agencies statewide.
- An **Annual Diabetes Conference** provides state-of-the-art training and networking and is attended by 150 to 200 health professionals.

## RESOURCES

- Visit our websites for more information:
  - [www.diabetes.mt.gov](http://www.diabetes.mt.gov)
  - [www.mtprevention.org](http://www.mtprevention.org)
  - <https://www.facebook.com/MTDPHHS>